

Unit 15 - Restraints

Resource Materials/Activities/Notes

Suggested Instructional Resource Materials

- Video on restraints and alternatives
- Federal regulations and interpretive guidelines in restraint use
- State regulations

Skill Performance Checklists

68. Applying Restraints

69. Applying Safety Belt Restraint

Activities

- Review State Operations Manual Tag F 221 and interpretative guidelines for nursing facilities.
- Discuss potential safety hazards to consider in restraint use.
- Practice on each other, using the types of restraints available in your facility.
- Have students discuss how they felt while being restrained.
- Have students identify reasons that may cause a resident to appear to require restraints and how such situations can be handled without restraints.